



The Smart Girl's Guide to Self-Care: A Savvy Guide to Help Young Women Flourish, Thrive and Conquer

By Shahida Arabi

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Are you in an abusive or unhappy relationship? Do you try too hard to please your friends at the expense of your own needs and wants? Are you subservient to others and do you find yourself unable to become independent? Do you suffer from negative self-talk? These are all signs that your self-care regimen is deficient in some way. The Smart Girl's Guide to Self-Care tackles the common problems of effective self-care with practical suggestions for practices that will create a sustainable, lifelong self-care routine. For those who are beginners to concepts like mindfulness, meditation, opposite action, positive rebellion, positive affirmations, and radical acceptance, this book will provide a useful and comprehensive introduction. For those struggling from the trauma of emotionally abusive relationships, this book will guide you in recognizing the signs of abuse, creating a reverse discourse that challenges ruminations over the abuse, moving forward successfully after a break-up using no contact, and techniques on coping with trauma in constructive and meaningful ways. Each chapter of this book also provides a list of supplemental resources as well as a recommended reading list to guide...



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Reviews

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be the best publication for at any time.

-- Prof. Ron Gaylord II

This publication is indeed gripping and exciting. I could comprehend almost everything using this composed e publication. I am easily could possibly get a delight of looking at a composed pdf.

-- Lynn Lindgren